


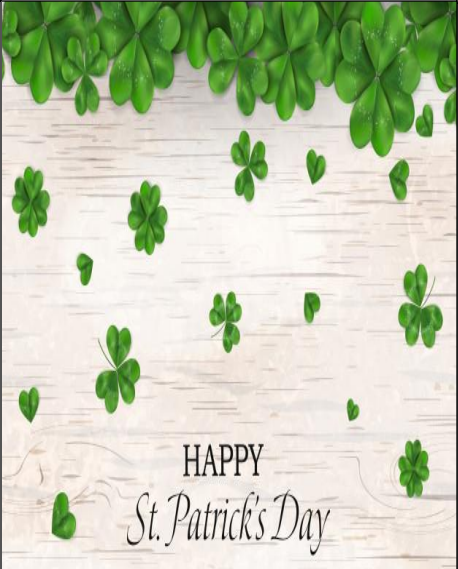



# Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		 <p>May your troubles be less and your blessings be more And nothing but happiness come through your door</p>					<b>1</b> 9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Wii Bowling L 1:00 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice <sup>RR</sup> L Board Games
							<b>2</b> 9:00 Be Balanced AR 10:00 Small Talk Dice L 10:30 Wii Bowling L 1:00 Tile Rummy L 2:30 Baking Club AR 6:00 Resident Choice <sup>RR</sup> LR Movie <sup>RR</sup>
<b>Daylight Savings Time Begins</b> <b>9</b> 9:00 Be Balanced AR 10:00 Journey Church Channel 11 10:00 Sit & Be Fit AR 1:00 Tile Rummy <sup>RR</sup> L 2:30 Baking Club AR 6:00 Resident Choice <sup>RR</sup> LR Movie	<b>10</b> 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball LR 1:30 Music & Movement AR Steef Feathers Fitness 2:00 Rummikub L 2:30 Armchair Travels LR 6:00 Resident Choice <sup>RR</sup> L Board Games <sup>RR</sup>	<b>11</b> 9:00 Be Balanced AR 9:30 Wal-Mart Shopping*\$ 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling AR 1:00 Praise & Worship LR Hour With Ken 2:00 South Side Shopping*\$ 2:30 Bingo AR 6:00 Resident Choice <sup>RR</sup> AR Game <sup>RR</sup>	<b>12</b> 9:00 Be Balanced AR 10:00 Chair Yoga AR 10:30 Wii Bowling LR 1:30 Music & Movement AR Steef Feathers Fitness 4:00 & 5:30 FD <b>St. Partick's Day Friends And Family Celebration</b>	<b>13</b> 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Bible Study With AR Judy <sup>RR</sup> 1:30 Dice 10,000 L 2:30 Watercolor Class AR 6:00 Tile Rummy <sup>RR</sup> L	<b>14</b> 9:00 Be Balanced AR 10:30 Wii Bowling L 11:30 Foodie Friday *\$ Pour House Grill 1:00 Rummikub L 2:45 Happy Hour L With Cinda 6:00 Resident Choice <sup>RR</sup> LR Movie	<b>15</b> 9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Wii Bowling L 1:00 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice <sup>RR</sup> L Board Games	

# Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>16</b></p> <p>9:00 Be Balanced AR</p> <p>10:00 Journey Church Channel 11</p> <p>10:00 Sit &amp; Be Fit AR</p> <p>1:00 Tile Rummy<sup>RR</sup> L</p> <p>2:30 Baking Club AR</p> <p>6:00 Resident Choice Movie LR</p>	<p><b>St. Patrick's Day 17</b></p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Noodle Ball LR</p> <p>1:30 Music &amp; Movement AR</p> <p>Steef Feathers Fitness</p> <p>1:30 Rummikub L</p> <p>2:30 St. Patrick's Day Happy Hour</p> <p>6:00 Resident Choice Board Games<sup>RR</sup> L</p>	<p><b>18</b></p> <p>9:00 Be Balanced AR</p> <p>9:30 Costco Shopping*\$</p> <p>10:00 Chair Yoga AR</p> <p>With Jill</p> <p>10:30 Wii Bowling AR</p> <p>1:00 Praise &amp; Worship LR</p> <p>Hour With Ken</p> <p>2:00 North Side Shopping*\$</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice Game<sup>RR</sup></p>	<p><b>19</b></p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>1:30 Stretch Wednesday AR</p> <p>Steel Feather Fitness</p> <p>2:00 Telescope Guy LR</p> <p>Presentation</p> <p>6:00 Resident Choice Board Games<sup>RR</sup> L</p>	<p><b>20</b></p> <p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR</p> <p>With Jill</p> <p>10:30 Wii Bowling L</p> <p>1:00 Bible Study With Judy<sup>RR</sup> AR</p> <p>4:00 &amp; 5:30 FD</p> <p><b>St. Partick's Day Friends And Family Celebration</b></p>	<p><b>21</b></p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>11:30 Foodie Friday *\$ Olive Garden</p> <p>1:00 Rummikub L</p> <p>2:30 Happy Hour With Simeon L</p> <p>6:00 Resident Choice Movie LR</p>	<p><b>22</b></p> <p>9:00 Be Balanced AR</p> <p>10:00 Sit &amp; Be Fit AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Armchair Travels LR</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice<sup>RR</sup> Board Games L</p>
<p><b>23</b></p> <p>9:00 Be Balanced AR</p> <p>10:00 Journey Church Channel 11</p> <p>10:00 Sit &amp; Be Fit AR</p> <p>1:00 Tile Rummy<sup>RR</sup> L</p> <p>2:30 Baking Club AR</p> <p>6:00 Resident Choice Movie LR</p>	<p><b>24</b></p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Noodle Ball LR</p> <p>1:30 Music &amp; Movement AR</p> <p>Steef Feathers Fitness</p> <p>2:00 Rummikub L</p> <p>2:30 Armchair Travels LR</p> <p>6:00 Resident Choice Board Games<sup>RR</sup> L</p>	<p><b>25</b></p> <p>9:00 Be Balanced AR</p> <p>9:30 Bi-Mart Shopping*</p> <p>10:30 Wii Bowling AR</p> <p>1:00 Resident Council LR</p> <p>2:00 Praise &amp; Worship LR</p> <p>Hour With Ken</p> <p>2:00 South Side Shopping*\$</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice Board Game<sup>RR</sup></p>	<p><b>26</b></p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>1:30 Stretch Wednesday AR</p> <p>Steel Feather Fitness</p> <p>2:00 Nourishing Your Body Presentation With LR</p> <p>Health Pro Heritage</p> <p>2:30 Making Irish Beer Bread L</p> <p>6:00 Resident Choice Board Games<sup>RR</sup> L</p>	<p><b>27</b></p> <p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR</p> <p>With Jill</p> <p>10:30 Wii Bowling L</p> <p>1:00 Bible Study With Judy<sup>RR</sup> AR</p> <p>2:30 Creative Coloring AR</p> <p>6:00 Tile Rummy<sup>RR</sup> L</p>	<p><b>28</b></p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>11:30 Foodie Friday *\$ Pisano Woodfired Pizza</p> <p>1:00 Rummikub L</p> <p>2:30 Root Beer Float Social</p> <p>6:00 Resident Choice Movie LR</p>	<p><b>29</b></p> <p>9:00 Be Balanced AR</p> <p>10:00 Sit &amp; Be Fit AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Armchair Travels LR</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice<sup>RR</sup> Board Games L</p>
<p><b>30</b></p> <p>9:00 Be Balanced AR</p> <p>10:00 Journey Church Channel 11</p> <p>10:00 Sit &amp; Be Fit AR</p> <p>1:00 Tile Rummy<sup>RR</sup> L</p> <p>2:30 Baking Club AR</p> <p>6:00 Resident Choice Movie LR</p>	<p><b>31</b></p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Noodle Ball LR</p> <p>1:30 Music &amp; Movement AR</p> <p>Steef Feathers Fitness</p> <p>2:00 Rummikub L</p> <p>2:30 Armchair Travels LR</p> <p>6:00 Resident Choice Board Games<sup>RR</sup> L</p>		<p><b>Doctor Appointments</b></p> <p><i>Please sign-up at Concierge's Desk</i></p> <p><b>Wednesdays</b> 8:00am to 5:00pm</p> <p><b>Thursdays</b> 8:00am to 3:00pm</p>	 <p><b>March Birthdays</b></p> <p>Richard L. 03/07 Harry S. 3/14 JoAnna C. 03/27</p>		